

Carbon County Senior Activities Center

450 S. Fairgrounds Way

Price 435-636-3202

East Carbon 435-636-3703

TV Show Theme Songs

Some of the theme songs from our favorite TV shows are as memorable as the shows themselves.

1. Want you to meet the family that's best known as The R_____ M_____. From West Virginee they came from to stay in sunny California-ay. Ole Grand Pappy Amos and the girls and the boys of the family known as The R_____ M_____.
2. They're creepy and they're kooky, Mysterious and spooky., They're all together ooky, The A_____ F_____. Their house is a museum, Where people come to see'em, They really are a scream, The A_____ -F_____.
3. Well, now, take down your fishin' pole and meet me at The Fishin' Hole, We may not get a bite all day, but don't you rush away. What a great place to rest your bones and mighty fine for skippin' stones, You'll feel fresh as a lemonade, a-settin' in the shade.
4. Well we're movin on up to the East side; to a deluxe apartment in the sky. Movin on up to the East side. We finally got a piece of the pie. Fish don't fry in the kitchen; Beans don't burn on the grill. Took a whole lotta tryin' just to get up that hill.
5. Come and listen to a story about a man named Jed A poor mountaineer, barely kept his family fed, then one day he was shootin' at some food, And up through the ground came a bubblin' crude. Oil that's is, black gold, Texas tea.
6. A horse is a horse, of course, of course, And no one can talk to a horse of course That is, of course, unless the horse is the famous M_____ E_____.
7. Come ride the little train that is rolling down the tracks to the junction. Forget about your cares, it is time to relax

	CLINICS	ACTIVITIES	CLASSES	EXERCISE	MUSIC	GROUPS
MON	Blood Pressure 2nd & 4th Monday at 10:00a /	Billiards daily 8a-4p Shopping Fresh Market1p Shopping 2nd Mon Wal-mart 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p	Some Mondays "Music of the Heart"	Bingo (American Legion Auxiliary) at 6p
TUE		Billiards daily 8a-4p Golf (seasonal) Cards/Game 1p Movie 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a	Exercise Gym open daily 8a-4p Pilates at 11:00a	The Four Tune O's 1st & 3rd Tues 11:30a /	
WED	Free Hearing & Hearing Aid Checks 2nd Wed. at 12:30pm	Billiards daily 8a-4p Bingo 1p	Computer Lab Open Daily 8a-4p Ceramics 10:00a Oil Painting 1:00p	Exercise Gym open daily 8a-4p	Melody Five at 11:30a	
THU	On going Daily Activities: Subject to Change with out Notice Computer Class: Call Center for info 636-3202	Billiards daily 8a-4p Shopping Smiths 1p	Computer Lab Open Daily 8a-4p Line dancing 9:00a Ceramics 10:00a Organ Lessons 11:00a & 1:00p	Exercise Gym open daily 8a-4p Pilates at 11:00a	James (Jimmy)Eaquinto 1st & 3rd Thurs / Sing Along 2nd & 4th Thurs 11:30a	Quilters 2nd Thurs at 6p / Quilters 3rd Thurs at 1p / Carbon County Historical Society last Thurs of month
FRI		Billiards daily 8a-4p Bowling at Country Lanes 1p	Computer Lab Open Daily 8a-4p	Exercise Gym open daily 8a-4p		

Save The Date
Tuesday
October 12, 2010
7th Annual
C.H.A.P. Community
Health Fair

Prescription and OTC-Drug Drop Off

Join us at the Carbon County Fairgrounds Event Center from 7:30 am to noon for flu shots, glucose scans, fasting cholesterol screenings, and much more.

Brought to you by Castleview Hospital, Community Nursing Services Home Health and Hospice, Rocky Mountain Care, Home Health and Hospice, and Southeastern Utah District Health Department.

East Carbon	Day & Time
The Four Tune O's	1st & 3rd Monday 11:30am
Lunch	Daily (Mon –Fri) 12:30pm
Bingo	Wed, 1:30pm
Blood Pressure	1st & 3rd Weds of month 10:30am
Shopping in Price	Friday 1:30pm
Billiards	Daily During Business Hours
Exercise Class	Tues & Thurs 11:30 a.m.

HALLOWEEN DANCE



Featuring

Music of the Heart

Friday October 29th

7:00pm—9:00pm

New Senior Citizens Center

450 South Fairgrounds Way, Price Utah

ALL AGES WELCOME

Refreshments

Prizes for best Costumes

Donations Accepted

For more info call Annette at 650-0049



at the junction. Lotsa curves, you bet.
Even more when you get To the junction,
P_____ J_____.

8. Boy the way Glen Miller played, Songs
that made the hit parade. Guys like us
we had it made, those were the days. I
knew you when you were then, girls
were girls and men were men Mister
we could use a man like Herbert Hoover
again. Didn't need no welfare
state, Everybody pulled his weight. Gee
our old LaSalle ran great. Those were
the days.

9. Here's the story of a lovely lady, who
was bringing up three very lovely girls.
All of them had hair of gold like their
mother, the youngest one in curls.
Here's the story of a man named
B_____ who was busy with three boys
of his own, They were four men living
all together, yet they were all alone.

10. Who can turn the world on with her
smile? Who can take a nothing day,
and suddenly make it all seem worth
while? Well it's you girl, and you should
know it, with each glance and every little
movement you show it

Love is all around, no need to waste it.
You can have a town, why don't you take it
You're gonna make it after all.

11. hello. World. Here the song that we're
singin' C'mon get happy! A whole lot of
lovin' is what we'll be bringin' We'll make
you happy!

12. Come and knock on our
door, we've been waiting for you. Where the
kisses are hers and his. T_____'
C_____ too. Come and dance on our floor,
take a step that is new. We've a lovable space
that needs your face. T_____'
C_____ too.

TV Show Theme Songs

1. The Real McCoys
2. The Adams Family
3. The Andy Griffith Show
4. The Jefferson's
5. The Beverly Hillbillies
6. Mister Ed
7. Petticoat Junction
8. All in the Family
9. The Brady Bunch
10. The Mary Tyler Moore Show
11. The Partridge Family
12. Three's Company

Senior Bowling August 2010

High Scores

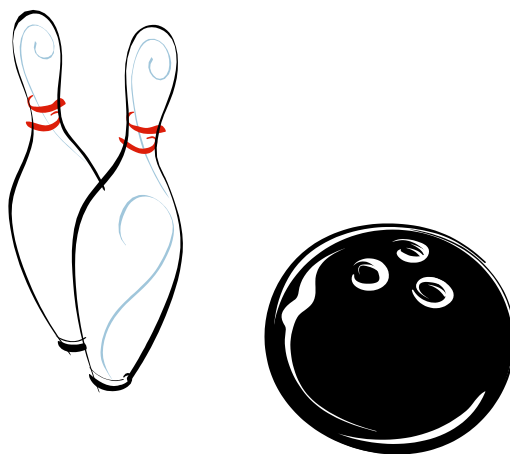
Evelyn Pretiger 179
 May Marchello 162
 Katie Eaquinto 155
 John Polito 129
 Elnora Clark 161
 Bill Minnick 202
 Dora Smith 136
 Earline Jenkins 178
 Jake Leyba 176
 Tonie Leyba 148
 Don King 146
 Mary Lou Steele 136
 Joan Neider 158
 Nora Aragon 105
 Doug Hintze 215
 Pat Modes 134
 Juan Medina 179
 Helen Zavala 133
 Del VanWagoner 211
 Rusty VanWagoner 120
 Bill Wryon 170
 Andy Oman 179
 Carolyn Oman 128
 Tawnie Hintze 100
 Fran Brower 98
 Herb Brower 108

High Series

Tonie Leyba 135-124-142=401
 Elnora Clark 132-137-136=405
 Joan Neider 136-141-136=413
 Earline Jenkins 178-128-144=450
 Bill Minnick 199-202-140=541
 Doug Hintze 215-156-202=585
 Del VanWagoner 147-196-207=530

Strike Pot

Tom Browsers
 Elnora Clark
 Katie Eaquinto
 Del VanWagoner
 Doug Hintze
 Carolyn Oman



Splits

Joan Neider 4-5/ 5-6
 Don King 5-6
 Evelyn Pretiger 4-5
 Katie Eaquinto 3-7
 Mary Lou Steele 5-7 / 4-5
 Elnora Clark 5-6 / 4-5
 Earline Jenkins 5-6
 Bill Minnick 5-10 / 4-5
 Helen Zavala 4-5 /5-6
 Bill Wryon 4-5
 May Marchello 5-6 / 4-5
 Herb Brower 4-5



Tuesday October 19, 2010

AARP Driver Safety Course

Defensive Driving Class

Insurance discounts

Call Price Senior Center

to sign up 636-3202

Leonard Miller, Instructor

1:00pm –5:00pm

Cost per person \$12.00

Lunch is available at the center at Noon

Call center to make reservations for lunch

60 AND ABOVE \$3.00 DONATION

UNDER 60 \$6.25

Carfit

Carfit is a program created by The American Society on Aging in collaboration AARP, American Occupational Therapy Association, and AAA. It is designed to give you a quick check of how well you and your vehicle work together. A 12-point **Carfit** checklist which takes about 15 minutes to complete , will provide you individually, with recommended adjustments and adaptations to make your vehicle “fit” you and make you more comfortable and have better control of your car while driving. A few of the areas covered in the assessment to aid you having a good “fit” and means you have a clear line of sight over your steering wheel, plenty of room between your breastbone (or chest) and the front airbag and steering wheel, a seat you fit in comfortably and safely, properly adjusted head restraints, easy access to your gas and brake pedals, a safety belt that holds you in the proper position and remains comfortable while you drive, your mirrors are properly adjusted to minimize blind spots.

This free program is scheduled to take place beginning at 10:00 am outside the Senior Activities Center and will have scheduled 15 minute intervals. Contact the center to schedule your **Carfit** session

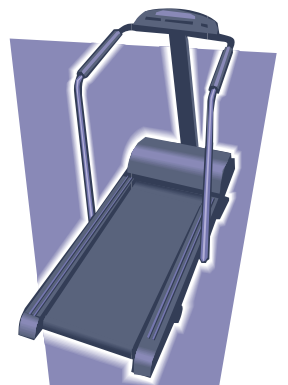
EXERCISE EQUIPMENT

BEFORE YOU USE THE
EXERCISE EQUIPMENT OR
DO EXERCISE CLASSES

YOU MUST SIGN

A WAIVER OF LIABILITY
YOU MAY GET ONE AT THE
FRONT OFFICE

**BE SURE TO CHECK WITH
YOUR DOCTOR BEFORE
STARTING ANY EXERCISE
PROGRAM**



ATTENTION:

Greg Spence will be starting an intermediate computer class on Fridays beginning October 15th from 10 am to Noon. Also, anyone interested in a beginning computer class needs to call and let us know so that we can arrange a beginners class.

435-636-3202

Dear Seniors,

October 2010

As most of you are already aware we are now in the new Carbon County Senior Activities Center. Our first day to serve lunch here was Tuesday September 7th. I have to admit it was a rather harried day both for me and my staff. Because of some minor difficulties with the new dishwasher we used disposable dinnerware. That, however, did not dampen my enthusiasm.

I already feel comfortable in our new home. As I'm sure you already know we will be awhile getting settled. We are still unpacking and trying to find the most appropriate place to store everything. At times we are unable to find things we've so carefully put away. I want to thank everyone for their patience in our disarray. Please be aware that workers will be on site as minor work projects continue.

Check out this newsletter for all the upcoming events. We have a Defensive Driving course and a computer class starting this month. Be sure to sign up by calling the senior center at 636-3202.

We've also had some new people coming to the center. I want to welcome them but also remind you there is a bit of paperwork we require to participate in activities. This paperwork can be filled out and turned in at our reception desk. Anyone using the exercise equipment or participating in an exercise class must sign a waiver of liability also it is extremely important that you get an okay from your doctor before beginning any exercise program.

I want to announce our first dance at the center will be on Friday October 29th from 7 till 9 p.m. Once again, Music of the Heart will be the dance band. We look forward to great participation. See you there!

And finally, game day on the schedule has always been Thursdays at 1:00 p.m. Now we have a game room available everyday as long as we are open. Make sure to take advantage while you are at the center.

May God bless each of you,

Debby

Thoughts to consider:

Love begins with a smile, grows with a kiss and ends with a tear.

The brightest future will always be based on a forgotten past, you can't go on well in life until you let go of your past failures and heartaches.